

CMCflow

Meditation web application



<https://meditation-chill.herokuapp.com>

The purpose



Studies into the increasing number of those with mental health concerns have shown a possible link between:

1. Increased *exposure* to technology
2. Decrease in one's *mental state*.

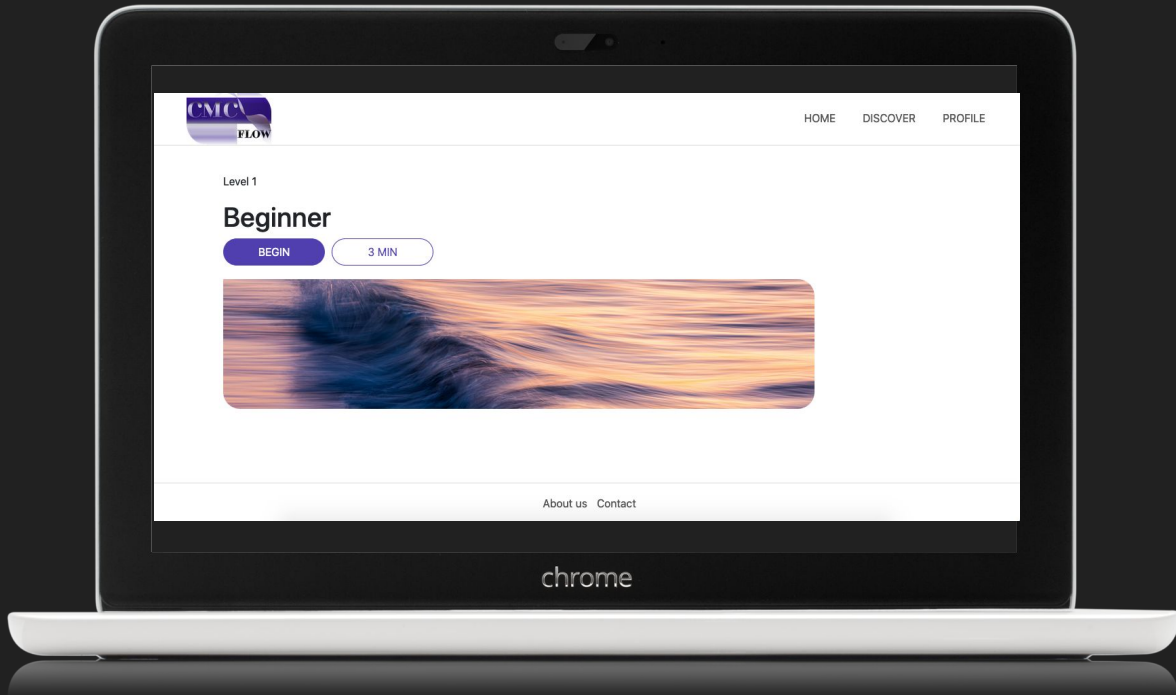
Through habit-building and built-in personable reports tracking, *CMCFlow* will assist people in beginning their journey into meditation which has proven positive effects on mental state.



CMCflow walkthrough

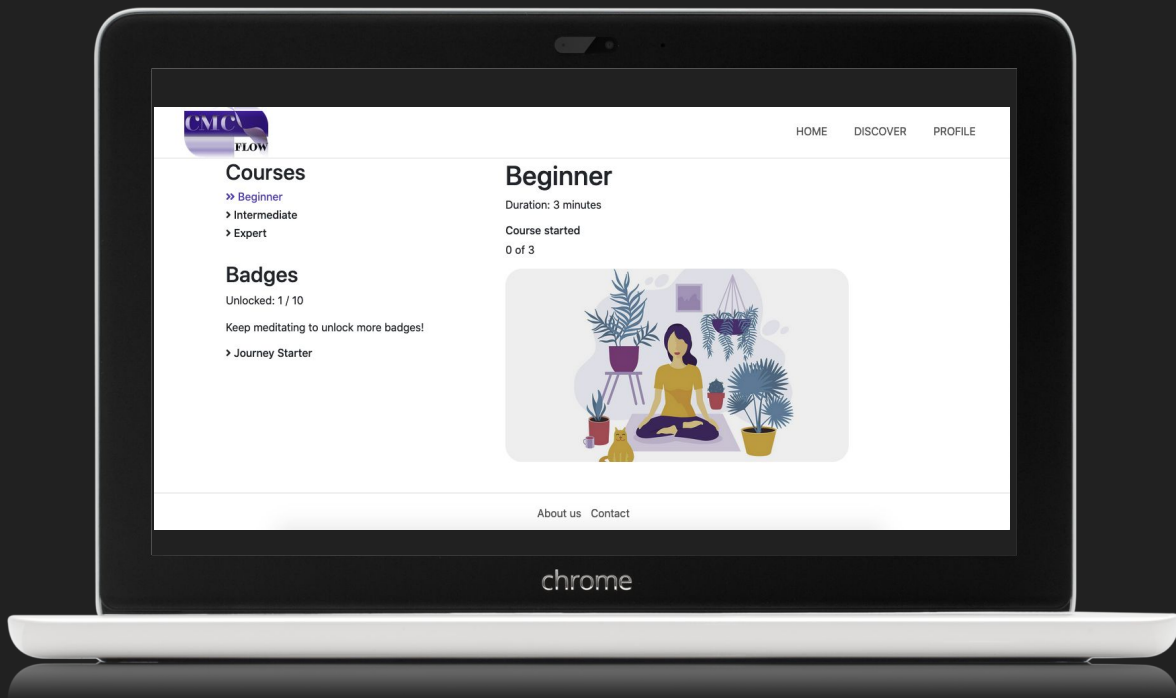
Home

When you land on the homepage, you are taken to the current meditation screen where you can begin.



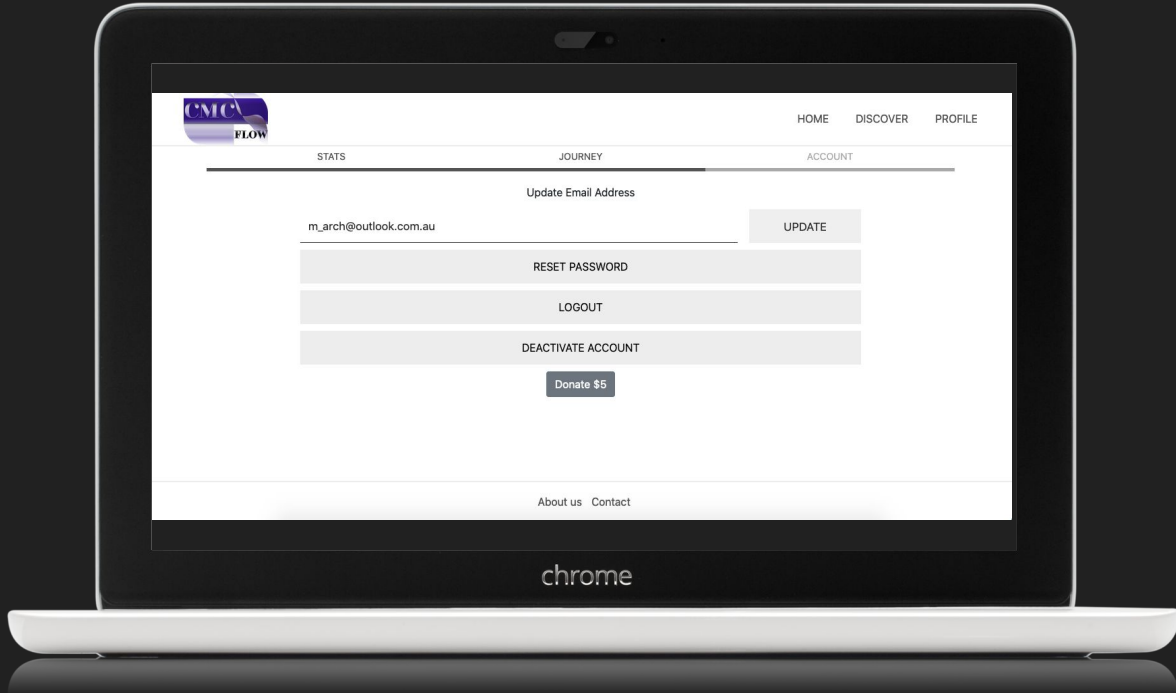
Discover

When you land on the discover page, you are shown all the courses and the badges that are unlocked.



Profile

When you land on the profile page, you can access the stats, journey and account page.



Issues faced

The cache

OAuth

Youtube player